

50 & WISER

SPECIAL POINTS OF INTEREST:

- 50 & Wiser News
- English Ivy



Poison Ivy



English Ivy can cause allergic reactions

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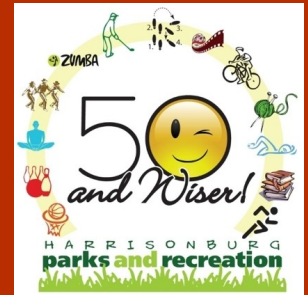
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50 & Wiser



News for October:

Time to plan programs for the next Activity Guide again. We didn't get a group of Pickleball players signed up, but groups from the surrounding area are coming here to play because we have so many great courts! Players who were here for the introduction expressed interest in coming here to play, especially when the weather prohibits outdoor playing. For that

reason, the courts will be available for playing on Thursdays from 1-3 if someone requests it the day before. This will change to Fridays from 1-3 in December. **Call 433-2474/2475 to request a Pickleball court.**

The Pinochle Club continues to have fun on Wednesday afternoons from 1-3. Drop in and join them! Another opportunity to drop in for fun is bowling, Thursday

afternoons 1-3. Substitutes are usually needed and there is a vacancy team, so for \$8 you can bowl 3 fun games.

Benny's Blankets meets 9-11 Tuesdays and Thursdays. They crochet/knit for area nursing homes and others who request products.

October is a time when the wind blows through the trees, branches bare, and sometimes....you aren't quite sure what you have just seen...

Fighting Back Strangled by Vines



English Ivy



English Ivy was introduced to the U.S. from Europe in colonial times. The romantic image of a vine-covered cottage does not tell the whole story. Although it looks lovely at first, it is extremely hard, if not im-

possible, to get rid of. It kills trees and other plants. It destroys brick walls, and anything else it climbs on. It climbs on everything. The most recommended method is simply (hah!) to pull it up by the

roots, and keep pulling it up until it goes away. Roundup is the main recommended chemical remedy, but is an environmental risk. Humans 0, Ivy 10! Do you know how to get rid of it?





Annual Birding Festival in April at the Great Dismal Swamp National Wildlife Refuge offers rare sightings.

www.visitchesapeake.com



Hikers on guided hike into the swamp from Suffolk, VA.

VisitSuffolk@suffolkva.us



Guided boat trip on the Dismal Swamp Canal Trail

prgeneral@cityofchesapeake.net

Phantom Lovers of Dismal Swamp

He couldn't believe it when she fell ill just a few short weeks before their marriage. She was always so healthy, but she faded away before his eyes and died in his arms. He was inconsolable. He grieved without sleep or food day after day, until he became convinced that her family had sent her away and she was somewhere alive in the swamp. "I will find her" he told his worried

family, "and hide her away from Death."

Violently, he broke away and plunged into the swamp. One evening at dusk he stumbled upon Lake Drummond. On the surface of the water he saw the soft blinking of a firefly dancing hither and thither across the black surface. "It is her!" he cried. Frantically, he lashed together cypress

branches and set out to save her. A wind came up and he fell in the lake and drowned.

If you visit Lake Drummond just as the last light fades, you may sometimes see the phantoms of the man and his love, floating on a raft of cypress branches.

<http://americanfolklore.net>

Great Dismal Swamp

Great Dismal Swamp, or Old Dismal Swamp, is a marshy area in the Coastal Plain Region of southeastern Virginia and northeastern North Carolina, between Norfolk, Virginia and Elizabeth City North Carolina.

Along the eastern edge runs the Dismal Swamp Canal, completed in 1805. This canal keeps Lake Drummond from draining properly, so it's surface is around 20 feet above sea level. This has caused a number of conditions, such as the high PH of the water, limiting

the number and kinds of fish. It is a region of many mysteries, and was a route of escape for slaves. It also harbors some dangerous beasties within this amazing place. No place for the timid.

Lake Drummond, Old Dismal Swamp, Hampton Roads, Virginia.



Organ Donor—The Ultimate Gift

I had never guessed the reason for the great pain behind my friend's mention of her husband. She spent years as a Hospital Chaplain's Assistant and a very dedicated and gifted recruiter for organ and tissue donations. Here is their story.

It was the late 1980s and her husband developed congestive heart failure which led to idiocardiomyopathy; his heart was dying and he desperately needed a heart transplant. It was the very early stages of heart transplants, still experimental. The only place for the New York State couple to go was California, where they would have to wait for at least six months. It was astoundingly expensive. They talked to someone who had

the surgery. He was still an invalid. Her husband did not have the transplant. Ultimately, he his congestive heart failure helped cause a serious stroke and he died within five months, knowing all the time he need not have died if he could have gotten a transplant.

Losing a loved one is terribly painful; some people have said you never get over it. The donation of tissue and organs honors the loved one as nothing else can. It gives some meaning to their death as it gives life to someone else. It honors the loved one's life.

Many people die waiting for a transplant. An average of 18 people dies each

day in the U. S. while waiting for an organ donation. A new name is added to that list every 10 minutes.

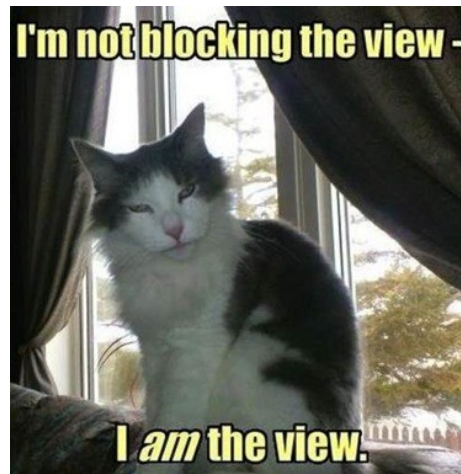
There are many reasons why people resist signing a donor card or allowing a loved one to be a donor. One reason is the fear of mutilation of the loved one's body. Donor body's are treated with the greatest respect and open casket viewings are fine. The family is also treated with love and respect and their wishes and needs are important. The window of opportunity for the donation of organs and tissue is very small. It is extremely important to let your family, clergy, and doctor know you want to be a donor. Put it on your driver's license, and/or sign up on line.

unos.org; lifenethealth.org;
www.mayoclinic.com



*Dedicated to
the memory of
an amazing
and beloved
man; may his
story help save
someone else*

According to the Cats



Beefy Pot Roast

Fork-tender Beefy Pot Roast is a savory way to satisfy your gang's hunger. This low and slow cooking method makes it the perfect solution for a Sunday night supper.

Serves: 8

Cooking Time: 2 hr 15 min

What You'll Need:

- 1/4 cup all-purpose flour
- 1/2 teaspoon black pepper
- 1 (3 pound) beef bottom round roast
- 2 tablespoons vegetable oil
- 4 cups plus 1 tablespoon water, divided
- 2 beef bullion cubes
- 2 ribs celery, chopped
- 1 onion, chopped
- 1 tablespoon cornstarch
- 1/2 teaspoon browning and seasoning sauce



Instructions:

1. In a shallow dish, combine the flour and pepper; mix well.
2. Rinse the beef and place in the flour mixture while still wet, turning to coat completely. In a large pot, heat the oil over medium-high heat. Add the beef and cook for 5 to 7 minutes, turning to brown on all sides.
3. Add 4 cups water, the bouillon cubes, celery, and onion. Bring to a boil, cover, and cook for 2 to 2-1/4 hours, or until the beef is fork-tender. Remove beef to a platter and keep warm.
4. In a small bowl, combine the remaining 1 tablespoon water and the cornstarch; mix well. Skim and discard the fat from the pan juices. Add the cornstarch mixture and the browning and seasoning sauce to the juices and cook for 1 to 2 minutes, or until the sauce thickens.
5. Slice the roast across the grain and serve topped with the sauce.

Nutritional Information:

273 Calories per serving	Protein 38 g
Calories from fat—98	Cholesterol 104 mg
Total fat—11 g	Sodium 344 mg

U H L B E U Q C X X R L C S E
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Halloween

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|---------------|--------------|--------------|
| 1. CANDY | 9. LEGEND | 18. WARLOCKS |
| 1. CHILDREN | 10. MAKEUP | 19. WITCHES |
| 2. COSTUMES | 11. MONSTERS | |
| 3. FAIRYTALES | 12. MYTH | |
| 4. GHOSTS | 13. STORIES | |
| 5. GOBLINS | 14. TREATS | |
| 6. HAUNTED | 15. TRICKS | |
| 7. HOOLIGANS | 16. UNREAL | |
| 8. LANTERNS | 17. VAMPIRES | |